



**For Immediate Release:**

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## **News Release**

### **Say “Know” to Arthritis Pain**

#### *Eight New Self-Help Classes Offered in Utah*

(Salt Lake City, UT) – Arthritis affects one in four Utahns and is the leading cause of disability in the country. But saying “know” to arthritis can help sufferers learn to manage their pain. The Utah Department of Health (UDOH) and the Arthritis Foundation announce eight new Self-Help Program classes coming this spring to help the nearly 400,000 arthritis sufferers in the state.

The six-session class Self-Help Program has been proven to reduce arthritis pain by as much as 20 percent and reduce doctor visits by 40 percent. Certified instructors give tips on pain management and stress reduction, and on ways to cope with fatigue and improve nutrition – all specifically for people with arthritis. Participants also learn arthritis-specific exercises and how to work with their doctors to use the right medications.

Ellen Jenson of Cedar City graduated from a Self-Help class in 2006. “The class was very informative,” said Jenson. “Everything I learned helped me one way or another. I learned that exercise keeps you agile and picked up some everyday tricks to ease pain – like a better way to stand at the sink.”

Bonnie Smith, also a Cedar City class graduate, found the textbook helpful, but really enjoyed interacting with her classmates. “Each of us was able to discuss our individual problems and shared tips and techniques that have helped us.”

The new spring classes will be held in Farmington, Midvale, Orem, Salt Lake City and Taylorsville. A complete list of classes can be found at <http://health.utah.gov/arthritis/>.

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Pre-registration is required and space is limited. Fees range from \$15-\$30. Some scholarships are available and are based on need. To sign up or to learn more call Audrie at 801-538-0990 or toll-free at 800-444-4993.

The Self-Help Program is one of several arthritis health education and exercise programs in the Life Improvement series offered by the Arthritis Foundation to help people take greater control of arthritis. For a listing of programs in your area, visit [www.health.utah.gov/arthritis](http://www.health.utah.gov/arthritis), contact the Arthritis Foundation at 800-444-4993, or visit the Arthritis Foundation Web site at [www.arthritis.org](http://www.arthritis.org).

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*The mission of the Utah Department of Health is to protect the public's health through preventing avoidable illness, injury, disability and premature death, assuring access to affordable, quality health care, and promoting healthy lifestyles.*

### Spring 2007 Class Schedule

Location	Dates	Times
<b>Taylorsville Sr. Center</b> 4743 S. Plymouth View Dr., Taylorsville	<b>Jan. 18 – Feb. 22</b>	<b>Thursdays</b> <b>9:45 – 11:45 AM</b>
<b>Liberty Senior Center</b> 251 East 700 South, Salt Lake City	<b>Jan. 18 – Feb. 22</b>	<b>Thursdays</b> <b>1:00-3:00 PM</b>
<b>Sunday Anderson Westside Senior Center</b> 868 West 900 South, Salt Lake City	<b>Jan. 23 –Feb. 27</b>	<b>Tuesdays</b> <b>1:45 – 3:45 PM</b>
<b>Orem Community Hospital</b> 331 North 400 West, Orem	<b>Feb. 8 – Mar. 15</b>	<b>Thursdays</b> <b>6:00 – 8:00 PM</b>
<b>Columbus Senior Center</b> 2531 South 400 East, South Salt Lake	<b>Feb. 21 – Mar.28</b>	<b>Wednesdays</b> <b>9:30 – 11:30 AM</b>
<b>Arthritis Foundation Office</b> 448 East 400 South, Suite 103, Salt Lake City	<b>Mar. 7 – April 11</b>	<b>Wednesdays</b> <b>6:00 – 8:00 PM</b>
<b>Davis County Health Dept.</b> 50 East State Street, Farmington	<b>Mar. 8 – April 12</b>	<b>Thursdays</b> <b>10:00 AM - Noon</b>
<b>Midvale Senior Center</b> 350 West Park St. (7610 S), Midvale	<b>April 12 - May 17</b>	<b>Thursdays</b> <b>1:00 – 3:00 PM</b>